

Presented by MCG Leads and the Leadership Development Working Group, through the Office of Human Resources

OUR MONTGOMERY:

# ADJUSTING OUR **SAILS:**

TRANSFORMING OUR RELATIONSHIP  
WITH CHANGE

**June 1, 2022 10:00 - 11:30 am**

Moderated by Deborah Milo, HHS  
with introduction by Adriane Clutter, REC

**Change is inevitable.** Change is inevitable, and happening at an explosive pace. The complexity of change in our work environment can significantly impact our physical and mental health and our relationship to our work and with other people. **How do supervisors and employees navigate change effectively together? How can we be productive and engaged while protecting our mental health and physical well-being?**

Learn from departments at different points in the change cycle.



Sheronda  
Baltimore



Dr. Chris  
Rogers, Ph.D.  
Beth Tabachnick



Captain Ian  
Clark



Adriane  
Clutter



Katherine Johnson  
Chris Turner

## Register

Log into  
AccessMCG ePortal  
and go to Employee  
Self Service then  
Learner Home. Under  
the Search field  
"Class," enter the  
keyword "**Sails.**"

- **Breakouts will offer small group sharing opportunities about your own experiences.**
- **Leave with tips that may help you rethink your own relationship with the complexity of organizational transition and what actions you might take.**